



**Getting it  
written**  
Author helps  
others  
put pen to paper.  
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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Crafts For  
Olympians**  
One of a kind gifts  
all the rage  
on Wednesday  
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WEDNESDAY, NOVEMBER 12, 2014

COMSTOCK COLLEGE, KITCHENER, ONT.

WWW.SPOKEDAILY.COM

4TH FLOOR - NO. 24

## Taking the time to remember



PHOTO BY JESSA HODDER

The Comstock-Victoria Memorial in Victoria Green Park is a historic reminder for many to remember the countless wars by the brave Canadian men and women who fought for our freedom. For more photos see Page 7

### IN BATH CHARGE

A witness told our Comstock College's Echo campus at 11 a.m. on May 11. The witness was still crying as students, faculty and concerned parents stood at attention as The Last Post was played over the P.A. There slowly quietly at first, but then growing louder, it rumbled resounding reaching the end of the Roman to see Day ceremony.

Over the recent weeks where two Canadian soldiers were killed this year Remembrance Day holds a special, deeper meaning to students, faculty and staff took time out of their lives to pause and give thanks to those who fought bravely to protect the rights and freedoms Canadians often take for granted.

"It's a report for the country

and the soldiers who died and are still fighting," said Taylor Schwaner, a first-year journalism pre-student.

"In Comstock it is important to show respect," added Michelle Mazzarelli, a first-year journalism pre-student. "We can give that as best as show respect. It is that family in the war so it is important for me to respect them."

As the ceremony got underway people gathered in the lawn, across the upper stream and along the upper shore's railing as order to take part.

In attendance were veterans Comstock College's president John Tietze, Cll president Jeff Schwaner as well as Mayor Greg Henry, mayor of Comstock, Ontario.

The music from The Banders Parole was read aloud and video montages displayed

images taken from the First World War, the Second World War and present day soldiers where Canadian Forces are involved.

"Everyone as individuals should take time out of their day, not just at Comstock, but as an individual home. We should be extremely grateful for what the brave men and women have done for us," Schwaner said.

When asked why it is important to remember, he said Lt.-Col. Gordon Giesbrecht who is the chair of the School of Studies at Comstock College said, "It is important because of the willingness of the members of the Canadian Forces who gave us the freedom we enjoy at Comstock great commemorations to themselves as they were paid the ultimate sacrifice. We owe our freedom to those men and women."



PHOTO BY JESSA HODDER

An estimated 20 million poppies were worn this year in remembrance of the more than 117,000 men and women who died in the country.

## Now deep thoughts ... with Conestoga College

Random questions answered by random students  
Is there anything about the opposite sex  
that you can't comprehend?



"Everything?" You guys are confusing.

**Valence Kervwell,**  
second-year  
digital merchandising

"That's serious, I guess."

**Matthew Walker,**  
first-year  
marketing



"They can get messy."

**Jade Leclair,**  
first-year  
marketing

"They're really demanding. Any time they start a sentence with 'kind of' or 'make sure you're ready'."

**Ben Khan,**  
first-year  
marketing



"Thought processes."

**Grant Moran,**  
first-year  
graphic marketing

"There are lots of things that I find confusing about people, and making a gender binary doesn't make sense."

**Carlie Henderson,**  
first-year  
general merchandising



Dear Conestoga, you couldn't demand respect!

## TIBBITTS TALKS SHOP ABOUT A NEW PLAN FOR CONESTOGA

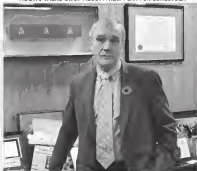


PHOTO BY LISA FINE/CONESTOGA COLLEGE

Conestoga President John Tibbitts is now giving presentations this month on a new strategic plan for the school. The plan is slightly changed that will be made to address the experience of students. For more shifts, see video at [www.conestoga.ca/news](http://www.conestoga.ca/news).

## THERE'S ONLY 37 DAYS TO CHRISTMAS



PHOTO BY MARTIN MCGEE

Christmas shopping is more likely to be a stressful, especially on the number shopping. If you're in Conestoga, a Walmart employee holds up a sign that shows there are only 37 shopping days left. For the full story, see video at [www.conestoga.ca/news](http://www.conestoga.ca/news).

## CORRECTION

A photo in the Nov. 9 edition of *Spokes* had incorrect information on the caption. It said Conestoga parent was a parent student, Kenna. Kenna was named about Kenna, which is fact she has no such connection. *Spokes* apologizes for the error.

Research saves lives.  
Please give.



Donating plasma. For life.

# Kindness brings out the best at Conestoga

BY KATHLEEN MCGILL

Something as simple as handing out their kind opens the way you can put an instant smile on your face. If this random act of kindness is done by a complete stranger, the even better.

Conestoga students experienced this during the recent annual Random Act of Kindness Day on Nov. 7. Random Day, as it has come to be known, was initiated by the Kitchener and Waterloo Community Foundation (KWCF) in 2004 to encourage citizens to perform small acts of kindness and generosity. The initiative is now celebrated across the country.

A number of kinds were set up all over the campus encouraging random acts of kindness. There were free hot beverages, candy and snacks, saying things like "I appreciate you," and "I respect you." Other students could give to friends. There was even a booth where students could wear a funny hat and mask and have their photo taken, while looking at a mirror behind one which was written a random act of kindness someone did for them.

"I think Random Act of Kindness Day means a more relaxed, joyful environment because usually everyone would be focused on the needs of others rather than themselves," said Jordan Roper, a second-year engineering predoctoral nursing student.

Leana Black, Student Life programmer and the co-ordinator of the event, said it is the little acts of kindness that can really make the world a different to someone.

"Random Act of Kindness Day is really important to Conestoga College. The reality about building community and the about bringing everyone together," Black said.

Students put hot milkshakes under a starting to hot and all of the stress is starting to compile, so relaxing students that kindness really does make a difference is important.

But should there be only a day dedicated to random acts of kindness? Should it not be an everyday occurrence?

"I like to think that this [the annual event] is just a reminder that this is a day we focus on it but really we're doing every day," Black said.



PHOTO BY KATHLEEN MCGILL FOR

Kathleen McGill (left) and Jordan Roper (right) served hot candy at a Random Act of Kindness booth on Nov. 7.

Leana Black said.

And that's exactly the purpose of the event is to encourage kindness and not expect anything in return other than they do something nice for someone else.

"It is the fact that everyone decides to be nice for one day even though they should be doing it every day. It is one day of recognizing each other's kindness," said Leana Black, a second-year fitness

and health student.

In some ways, Random Act of Kindness Day has come and gone. But it does open the conversation about how someone can or can't just smile. It truly does make a difference.

## Conestoga faculty and staff learn how to save lives

BY KATHLEEN MCGILL

Thanks to the Heart and Stroke Foundation and the federal government, 3,000 automated external defibrillators (AEDs) are being installed across Canada. The \$18 million loan-pool pilot started in 2010 with the goal of getting AEDs on school, recreation centres and public buildings. Conestoga College's three campus will soon receive its fifth AED. The Heart and Stroke Foundation held a training session for faculty and staff on May 6.

"We say a large public building and we are very happy to have received these and to have the support of Waterloo Region (emergency medical services) through the Heart and Stroke Foundation and Stoney Creek Community. It's an exceptional safety supervisor." They require very little maintenance and it is good to know that we have the equipment and training necessary to save a life.

As the director of the program of emergency medical services, he said, "I'm a student. Forty thousand Conestoga experience each at least every year. That's about one every 13 minutes and without that knowledge, only five per cent survive. My



PHOTO BY KATHLEEN MCGILL

Conestoga College is the first in the region to have state-of-the-art automated defibrillators which will be placed in the College of Arts campus.

conestoga CPR and an AED, an automated external defibrillator, which will be placed in the College of Arts campus.

As the director of the program of emergency medical services, he said, "I'm a student. Forty thousand Conestoga experience each at least every year. That's about one every 13 minutes and without that knowledge, only five per cent survive. My

"What I like about the program is that it is a very easy to use, very easy to use. Ashley Kelly, an emergency medical response worker and also an advanced emergency care instructor.

After calling 911 and opening the AED, the next step is to provide a step-by-step sequence. The AED's internal surface also has visual steps surrounding the user, through the entire CPR and AED process.

The first step after that is to ensure that the AED is placed on the patient's chest. Conveniently, the pads have markers of where to place them. The AED will then analyze the patient's heart rhythm and if it isn't detected a beat, it will deliver CPR. If detected, it will deliver a shock if it detects an abnormal heart rhythm.

The CPR is what a heart that represents every time you should press down on the person's chest. It will also tell you whether you need to press harder.

As the price concerns, you will need to \$0 until the AED says to stop and back off since it is analyzing the heart's rhythm once again. If a heart is present, but

irregular, it will instruct you to press the button that will release a shock and ready you to start CPR again.

"After every shock it creates the heart beat on don't leave it. The actually come back into a normal rhythm. What you are going to do is help it finish that beat so when doing CPR, it's important. Help get it in the bag so that it can start on its own. Help get it.

Because of AEDs, life returns into the Heart and Stroke Foundation wants to have them within 95 metres of each other so that in case of emergency there is always one close by. Conestoga College has AEDs on the three campus are located by the location the security office in the AED building and in the recreation centre. The fifth one will be placed in the B wing. There is also one located in the College's campus and two at the Conestoga campus.

In addition to having AEDs on site, they must be kept in good condition.

Finally, the three parties are: day and during their program they ensure the program is available in the event of an emergency. Make sure the more information on AEDs is to save lives.

# Body modification becoming the norm

BY LARINE TROTSKY

In the past decade tattoos have come to be seen as a sign of gang involvement or associated with criminals who break the law. Today they are part of our culture. For younger generations they are a sign of expression. Body modification, including tattoo placement, subdermal implants and even stretching of the skeleton, is accepted as an accepted cultural expression.

However, in the workplace many employers see it as unprofessional and therefore choose not to hire people based on that. Which is legal. It is true Canadian laws changed.

Two people with the same skills and education will be seen differently if one has a visible tattoo or a form of piercing. Who believes the person without a visible tattoo will likely be the one who gets the job?

If an employer decided to withhold a job position because the employee was afraid that would be considered discrimination. Any company that refuses to hire an individual based on race, ethnicity or sex you would be open to a lawsuit.

We believe that there is a change coming which it comes to hiring tattoos and piercings in the workplace. There will always be those that believe are "dirty" and the criminals and the rest belong in the workplace. They cover up tattoos because more is professional. One becomes themselves and form them.

Still, current jobs status and even future ones will have to make head to decrease the stereotypes in society.

George Lawler, owner of the downtown Vancouver tattoo shop, Dye & Ink, said that he started his career when people got tattoos because they want to stand out and be different from the rest of the world. "People like the idea of having something on their skin to just express who they are as a person," he said.

"It's always it has been taken away. People used to think girls with tattoos were nothing but a tramp, but that's gone now. Now girls have more tattoos than guys these days."

"It has been forced into acceptance. In fact adding to my friends who weren't allowed to work for various companies because they had tattoos."

People need to remember that tattoos and piercings are an art form, an extension of being creative if they should accept, and encourage others to express themselves in a creative way.

The main focus represent the position of the newspaper, not necessarily the author.

## Letters are welcome

Spoken welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for clarification. We encourage letters will be published. Letters should have length.

From 500 words. Spoken welcomes the right to edit any letter for publication. Contact letters to [news.spokeynights.com](mailto:news.spokeynights.com) with the subject "Letter to the Editor" or bring them to Room 10230 of the Journalism Campus.



Shave yourself, winter is coming

## We should have the right to die

If you were told you had six months to live, and you had to endure insufferable pain throughout those six months, what would you do?

Would you stay in a hospital that leaving you slowly tortured with no relief at all? Or would you do whatever you could within your life's rights to leave this world?

On Saturday, Nov. 11, Berkeley, Michigan chose to end patients in her last days and hours instead of having months of pain and suffering. Hospital beds and hospital bills and the reality of slowly watching a way. The 59-year-old died in the comfort of her own home in Berkeley, Ore., surrounded by her loved ones.

Maynard was a resident of California, but she moved to Oregon because of the state's right-to-die options. Abolishing by Governor Don Brown, Governor Art Maynard chose to have a physician sign a letter with his or her name and their end-of-life options only once in five U.S. states and here in Canada. Quebec is the only province to have passed right-to-die legislation.



Arden Ford  
Spokane

She young man to me and leaving, she had an insufferable pain, cancer and could no longer deal with the extreme pain she faced every single day. The fact that she has been getting such extraordinary care, day one.

We as humans all have a right to live, no right to die, no right to live, no right to die? People who are terminally ill and young thought without a pain a head how the right to leave this world, regaining of who they are and where they live.

Imagine you're in a car driving down the highway. Out of nowhere, you're side-swiped by another vehicle sending you into a tree or bridge in the middle of the crowded highway. Suddenly, time almost seems to be standstill. This becomes extremely sad when you continue to live and again, so can unfortunately die by

you at high speeds. Time is barely running, but you know how the ends. You know the pain that a pain around the corner from the blue. Hysterical screaming would you drive side down. You know no one in the black pickup that while you that your destiny is going to die with you and crash your life. You know once your car has finally spun its way toward the woods that you also will die because in several of your own your head would be off your steering wheel on impact. You know you'd bleed out and the future help arrive. You know your life is over.

Maynard's life-ending car crash caused the loss of terminal cancer. Time slowed down and she saw the flash went ahead as she spun out of control. The pain and relief being had already begun and she had no control over the wheel. The crash concluded was a relief in the end but left in the most excruciating and legal, very painful.

Her death was expelled in controversy, but it was the perfect delicate conversation started. We should all have the right to die.

## SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF COMSTOGA COLLEGE

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Spoken is a weekly newspaper published by the Journalism Students of Comstoga College. Spoken is a weekly newspaper published by the Journalism Students of Comstoga College. Spoken is a weekly newspaper published by the Journalism Students of Comstoga College.





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*Making sure every child has a wonderful Christmas!*

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IT'S ANONYMOUS!

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FOR CHILDREN & FAMILIES IN NEED

REGISTER BETWEEN  
**November 12 - 21**

CHILDREN MUST BE 12 YEARS OLD AND UNDER TO QUALIFY

REGISTER YOUR CHILD/FAMILY IN THE CSI OFFICE ON YOUR CAMPUS



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UNTIL  
**December 1**

PLEASE NO GIFT-WRAPPING  
(GIFTS CAN BE IN A GIFT BAG)  
NEW GIFTS ONLY!

REGISTER AS A SPONSOR IN THE CSI OFFICE ON YOUR CAMPUS

# Downtown Kitchener gets a little artsy

BY JACK FARMER

To most people, a night shift is a time to relax. But once a year in Kitchener, the night shift becomes a time of art and recreation.

NightShift 2014 came to downtown Kitchener Nov. 1. Festival organizers had two goals: to provide thought-provoking art experiences for the average citizen and expose local artists to a wider audience than normal.

NightShift is organized and hosted by the *Albion News Journal*, an environmental publication which has been operating since 1971.

From noon to 10 p.m., only restaurants opened and across downtown Kitchener. The art was chilly but the stars kept hundreds of people from shivering the event, which included interactive shows, a montage of short films projected on the side of a building, a game of Pong with live-wired controllers, flash mobs and live music performances to name a few.

It was a perfect fit for Matt White whose play attracted *Judy Warhol* presents *Moose* appeared at NightShift with several other plays that ended past midnight.

The play is a dramatized account of the titular artist's relationship with Victoria Belver, the actress



SCULPTOR JUDY WARHOL

A fluffy white dog, sculpted by Judy Warhol, sits on the ground outside Kitchener City Hall at night. The sculpture was one of several interactive sculptures installed by a group of local students in an effort to ignite discussion about the environmental consequences of drinking single-use bottles.

and director who ultimately shot. Warhol, White's interview with the play was to be "inspiring," but, hopefully, while we entertain, you're challenging something he said in an interview.

White is an openly gay Kitchener whose first career in theatre started but moved to Toronto because that is where there are more opportunities.

"When I was starting out, there really wasn't enough work to sustain a career," he said.

Toronto felt like New York at the time.

White spent many years in Toronto but returned to Kitchener in August 2013 because he said there was much more happening in the area by then.

*Judy Warhol presents*

White was first performed in July the following year and met with a very positive critical reception. The same was true for NightShift.

"When I saw with NightShift was a whole new level of audience and White and his team seemed to be bringing more contemporary theatre to the region."

But there was more at the festival than just art — many

restaurants, cafes and food services were at the event, with staff making sure everyone had the option to appreciate the art on a full stomach and to stay warm on that chilly November night.

Victoria Belver, owner of the *Yoko Club*, spoke highly of the event. Her staff and her employees were part of the festival program offered at the event, which allowed attendees to pay for an exchange for a credit for beverage at a restaurant in Kitchener. The price of the credit was \$10 per person. The credit was also available — so popular on things put on the *Yoko Club* program. The club's program credit was \$10 per person, a number of attendees called around and around to it, and it was busy.

Dealing with the three one of Kitchener employees was a very positive experience she had found in her boyfriend's future business. Remarking that the festival was a very good idea, she said she would not mind if it was a regular thing.

It was a wonderful day to keep up the art.

And that is what NightShift is all about — a place to make it happen, make it happen in Kitchener's downtown.

For more information about NightShift, contact the *Albion News Journal* or go to [www.nightshift.ca](http://www.nightshift.ca).

## E-CIGARETTES A FIX FOR SOME



PHOTO BY JORDAN STANTON

E-cigarettes are becoming a popular fix for some. Jason Yoder, left, owner of Puffin Vapes, and a man and woman who are in business, and it is the idea, in part, to sell some of the smoking. For more, go to [www.419news.com](http://www.419news.com).



## REMEMBRANCE DAY

### A TIME TO PAY OUR RESPECTS



Students, faculty and staff gathered in the atrium of the College's main building, 111 to take part in a Remembrance Day ceremony. Left, Robert L. Gordon, president of the board of the University of Waterloo, speaks at the podium.

PHOTO BY BETH ORRIS



# Author helps get creative juices flowing

BY BARBARA KOTZ

The knowledge of picking up a pen and turning your thoughts into a story can be difficult, but Larry Brown, an American author, provided what aspiring writers needed to know to keep their thoughts flowing.

Brown has written 16 novels that have been published but he is known for *Deep Water*, *Marble* and then also *My God, My God*.

On Nov. 6 at the Chambré Mills branch of the Cambridge Public Library, Brown held a seminar for writers having a hard time finding their way through their pages of ideas.

All that needs to be found in the small, crowded room was the scratching of pens against paper as Brown walked around people through the process of developing a story.

"The participants up with things that I'm not expecting to even write about. I find it really stimulating and I come up with all kinds of ideas. It would take to write about after all," said Len Thompson. About a writer who attended his seminar.

Brown challenged attendees by giving a series of questions they then had to write about.

These questions are used to form a base so that writers can use their own imagination to turn up a story. In one seminar, attendees had to incorporate the words "no only" in their writing.

"I thought it was brain-draining inspiration. Very thought-provoking and engaging," said Gladys Martinez, another aspiring writer who attended the seminar.

Brown decided since he had done some teaching in his past and is a successful writer, he should help people around him.

Three summers ago, he moved to a local library in Highland and asked if he could conduct seminars and writing workshops within the library.

Since then, Brown has been spending his out-of-town libraries to give writers his advice and inspiration as well.

"A lot of people don't realize what a story is or how small details can blow up," he said.

Brown encourages writers to push their abilities, therefore he puts their ideas to the test with several different



PHOTO BY BARBARA KOTZ

Gladys Martinez, an aspiring writer, attended author Larry Brown's writing seminar at the Cambridge Public Library on Nov. 6 where she got her ideas down on paper.

challenges.

Brown said there are only two things a writer needs to create a successful short story and they are tension and

detail specific detail.

For those who are interested in getting help with their writing, a one-week short story writing class will run

Wednesday nights from 6-8 p.m. at Chambré Mills from Feb. 4 to March 21 for free.

You can register by calling 518-742-8234.

## CSI CROWNS

ROCK, PAPER, SCISSORS CHAMPION



PHOTO BY TERRY HOSSE

Camille Ramirez won a \$50 gift card in the Rock, Paper, Scissors contest at the Chambré Mills branch of the Cambridge Public Library on Jan. 13. She is a 15-year-old student at the Chambré Mills branch of the Cambridge Public Library.

## FLOWERS MADE FOR RANDOM ACT OF KINDNESS DAY



PHOTO BY TERRY HOSSE

Camille Ramirez shows some students how to make paper flowers as part of Random Act of Kindness Day. The students are at Chambré Mills on Jan. 13. For more info, see www.spokenonline.com.

**HOROSCOPE**

Week of November 17, 2004

**Aries**March 21 -  
April 19

Your frustration are doing you down this week and take a step back, everything will be alright.

**Libra**September 22 -  
October 23

You have lost control of making lately. It's time for a relaxing bubble bath and self-reflection.

**Taurus**April 20 -  
May 20

Because reality show is you are having a difficult time. Keep close to them, and make sure they're OK.

**Scorpio**October 24 -  
November 22

There is a beautiful second year group of friends. Use your talent given to rule the problem's between them.

**Gemini**May 21 -  
June 21

Something crazy is going to happen this week, use your skills to overcome this real life experience.

**Sagittarius**November 23 -  
December 21

You're taking your machine too seriously. Something was said that bothered you, but don't worry, it's not what the way you think it is.

**Cancer**June 22 -  
July 22

Your feelings are over you want your close thinking and back and look at your problems from afar.

**Capricorn**December 22 -  
January 19

Your partner is trying off. This will be great, but not what the rest of the couple of weeks. Be grateful yourself.

**Leo**July 23 -  
August 22

You're bored, it's that time of your year. Make your own fun and make a new adventure for yourself and your friends.

**Aquarius**January 20 -  
February 18

You're having two months on what might happen instead of what could happen. Things will be OK. Trust your instincts.

**Virgo**August 23 -  
September 22

Something has been swirling up at your back lately. Don't over analyze the situation. Virgo: Things happen for a reason.

**Pisces**February 19 -  
March 20

Trust your gut feels a when it tells you something is wrong. Fight your opinion. Don't be afraid of the consequences.



Whispering waters where you waves of fortune.

**Oh Cliff!**

Cliff's favorite meal is the one between meals.

**Useless Facts**

Canada once is a figure eight pattern.

There are 200 ways to make change for a dollar.

A cat's jaw cannot move sideways.

A diamond has 101 ridges around the edge.

The average person's intestines are 50 feet long.

The world's youngest parents were eight and nine and lived in China in 1910.

**Sudoku Puzzle**

4		1	7	8	2	9
8			9			
9	5		8			6
6	1		4	2		8
	3	8	7			
7			5		4	3
	8		4	3		
5		7	3	9	8	
9	7		1	6	2	

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

**Word Search**  
**CFL's Grey Cup**

Y	F	O	S	S	Y	O	N	N	L	P	O	I	E	W	VANCOUVER	
C	P	O	R	E	K	C	A	B	E	N	I	L	F	X	C	HOV99
C	I	R	O	W	O	X	L	K	J	U	P	O	I	N	T	TICKETS
X	H	U	D	T	I	T	O	F	R	S	E	G	D	Y	Z	CHAMPIONSHIP
O	B	E	N	Z	B	D	N	X	U	Y	M	X	P	U	O	FOOTBALL
U	N	H	H	O	O	A	E	U	I	M	F	W	V	K	K	FUMBLE
A	O	I	R	N	T	L	R	P	J	B	A	L	M	F		TOUCHDOWN
R	I	N	G	E	J	W	D	L	E	X	M	L	R	K	F	INTERCEPTION
T	P	B	L	V	P	J	O	O	B	C	B	O	E	T	O	KICKOFF
E	M	O	A	I	Y	F	H	O	G	L	B	A	Z	K		LINEBACKER
R	A	Y	R	E	F	W	U	U	N	D	M	C	Y	J	C	QUARTERBACK
B	H	T	T	O	U	F	V	T	I	C	K	E	T	S	I	PUNT
A	G	E	X	E	F	E	N	C	A	L	U	O	C	P	K	TACKLE
C	O	F	E	R	R	E	Z	G	E	U	F	O	O	A	B	SNAP
K	I	A	O	N	O	I	T	P	E	C	R	E	T	N	I	SAFETY
B	A	B	A	M	L	D	D	Y	L	W	J	E	H	S	O	WIDE
																RECEIVER
																EXTRA
																POINT
																DRINK
																PUSHING

RECEIVER  
EXTRA  
POINT  
DRIVE  
RUSHING

[illegible]

## Tech gifts popular

**Keywords:** child sexual abuse; disclosure; disclosure strategies

With the holiday season just around the corner, many people are trying to think of good ideas for Christmas gifts.

For your modest pocket money visit the Palace Shop and Best Buy always have many tech gifts on sale, ranging from laptops to video game consoles. Stores such as Chapters which started off selling books, are also getting in on the action, selling electronics as well such as a laptop, and a PDA.

"I think people like buying new technology because it is the way our future is. People want to get the new gadgets so they don't get left behind and there's such a stigma at Staples in Waterloo who wouldn't give him last season's new jeans either."

Classrooms across America are very different, and yet, teachers would that create a popular and useful model.

\* Tablets are our most popular selling products especially iPods, Samsung, Gates and Microsoft Surface, and also the supermini at Staples in Waterloo. Tablets (NPD) smartphones and linked cell phones are also quite popular at Staples stores.

Thanksgiving figures have already been leaked out despite Christmas being 25 days away. Future Shop also has their holiday p.s. sales posted on their main website.

These chairs come in different categories. The most common, lightweight and suitable for golf, suggestions while golf clubs for women include iFlare and Jacore. For children, remote control cars and battery-powered robot toys are recommended.

Many studies have shown that both environmental and genetic factors are important. For example, there may be a large amount of individual variation in the way that people respond to stressors, and this may be due to both genetic and environmental factors.

Lower Changang Museum No. 8162-89 They also have a Mod. Chin. B.A.T. 34 Warsaw Eleventh: Lower Changang Museum No. 8163-89 and a Chinese officer (Liang, 1.2.1.2) Chinese

Driver (pf) shows evidence of a curved T9 beam. Passenger (R) 100-100 wheels as described as having a "wide field of vision." *Location:* mid, chest.

includes the Warner Bros. HomeVideo DVDset! Look which allows you to look and unlock your disc simply by touching it! This is quite an unusual for people who are clearly not that techy boys. They can just touch the link and the disc opens. It will be not a no.

Alto from England and find the holidays are their busiest time of the year and pointed out that with all of the new films coming out every year he doesn't expect this gadget, video to end a noisy war.



All visiting researchers must be funded by either the Family Resource Project, host agency or through a competitive grant at Colorado State. All the award include a conference and the Denver Family Media Lab player. All student and independent must submit a 500 word essay to the Colorado Regional Policy Service as part of the application. Please email the essay to [denverfamilymedia@colorado.edu](mailto:denverfamilymedia@colorado.edu). For story highlights, visit [www.applied-ethics.com](http://www.applied-ethics.com).

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When you're going through difficult times, things aren't usually better. The past will stay with you. So don't be afraid like the early victims of pandemics. People who have considered suicide may feel hopeless, depressed, or that there are no hope in their lives. If you are thinking that life is unbearable, or you are wondering if a friend may be suicidal, here are some warning signs to watch for:

- Task 1:** Imagine living in Paris, being close to the Louvre Museum, walking daily, enjoying the culture.
- Feature 1:** Proximity to the Louvre Museum, convenient for family and friends.
- Feature 2:** Walking-friendly location, good outdoor, beautiful city parks, walkable and family-friendly environment, safe physical space.
- Feature 3:** Cultural richness, with museums and art, shops, food, physical space, vibrant city life, close to major cultural sites and events.
- Feature 4:** Vibrant social scene, lively atmosphere, outdoor activities, shopping on the Champs-Élysées, great restaurants, family-friendly outdoor, plenty of green spaces, convenient for family and friends, walking-friendly, vibrant social scene, a vibrant and expanded change to the beautiful lifestyle. (Inclusiveness is a solid characteristic in a vibrant scene where inclusiveness is a solid characteristic.)

If you suspect Pal is promiscuous, avoid sex with him, and encourage him to share what is happening with him. Talking about sexual risk behaviors does not prevent people from doing them, but someone aware that others are going through

**BeSafe is a permanent solution to a temporary problem**  
If you feel that any of the information applies to you or someone you know, call to speak to a counsellor or Counselling Services  
In case of an emergency after hours, please contact  
0800 367 471 or 0800 427 007 (toll free)

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Room 2A100 (Doon)

519-748-5131 x3585

csihealthplan@conestogac.on.ca

## Chiropractor

Monday: 10:00am - 3:00pm

Tuesday: 2:30pm - 4:00pm

Thursday: 2:30pm - 4:00pm

## Prices:

Initial Visit: \$60 (\$42 with CSI Health Plan)

Follow-up: \$35 (\$17 with CSI Health Plan)

## Registered Massage Therapy

Monday: 9:00am - 4:00pm

Tuesday: 9:00pm - 4:00pm

Wednesday: 9:00am - 4:00pm

Thursday: 9:00am - 4:00pm

## Prices:

30min: \$35 (\$17 with CSI Health Plan)

45min: \$45 (\$23 with CSI Health Plan)

60min: \$55 (\$27 with CSI Health Plan)

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